

GRINDER



TRAIL RUN



GLENWOOD-NY

Sunday, May 14th 10:00am Start

Get your trail running fix at the wild, challenging and quad-crushing Grinder trail Run! 3.5 Mile Trail Running Race in the challenging trails of Sprague Brook Park-Glenwood, NY featuring single track sections, climbs & descents, creek crossings and hard pack trail sections. Post-race lunch, party & awards/great door prizes. Awards to overall Male & Female & Masters runners. Medals 3-deep M/F in 5-year age groups. 10am Start. # pickup from 8:30am at Sprague Brook Park-follow Race signs.

Register on-line at www.runreg.com

Full information and updates at www.heartrateup.com

Helping support HEART Animal Shelters and the East Concord Vol.Fire Dept.



Grinder Run 2017 Pre-Entry Form 5/14/2017 \$25 Entry Fee. Add \$5 after May 6th

Last Name First MI

Street City ST Zip

Sex Age E-mail Address Phone # S M L XL
(Circle t-shirt size)

Emergency Contact Emergency Contact phone number

Acknowledgement of Risks and Assumption of Risk Responsibility

In consideration of your accepting this entry and permitting me to attend, volunteer or participate herein, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights and claims for damages I may now or in the future have against Endurance America, Race Director(s), all property owners, volunteers, agents, members other competitors or assigns, for any and all losses and injuries in association with this event.

Participant's Signature: _____ Date: _____

Parent/Guardian: I verify that I am the parent or guardian of the minor, and I have the authority to enter into this agreement on behalf of the participant and I agree to be bound by the terms and conditions states above.

Parent/Guardian Signature: _____ Date: _____

To enter mail completed entry form (checks made out to Endurance America) to:
Endurance America PO Box 100 Boston, NY 14025